

Accepting the Spectrum

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COLLABORATIVE
ABA SERVICES, LLC

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Everybody Stims

Strategies and Tips for Responding to Restricted and Repetitive Behaviors

Restricted and repetitive behaviors, also referred to as "Stims" or "Stimming" are one of the symptoms of Autism Spectrum Disorder that can look like strict adherence to routines, stereotyped hand or arm movements, insisting on sameness, or an atypical interest of a specific object, activity, place or person. However, not all RRB's or Stims need a response!

Did you know that most of us stim on a daily basis? Think of the last time you were in a boring meeting. You may have twirled your hair, tapped your pen/pencil, or drummed your fingers on the table in a repetitive or stereotyped movement. If this did not affect your ability to perform your work, then you do not need intervention for your stimming. "Typical" stimming behaviors do not interfere with your ability to learn or engage with others.

Activities for Sensory Seekers

For kiddos who love to climb and jump...

- Go to a playground
- Create an indoor crash pad with pillows/beanbag chair/blankets
- Invest in a mini-trampoline at home
- Place a pull-up bar in an area that is safe to reach

Battling Boredom

Sometimes, children on the spectrum engage in behaviors because they don't know what to do. Structuring your child's day can help teach them different ways to play and engage with others! Choice boards, visual schedules, and timers are helpful tools to prepare and engage your child in activities.

Calming & Coping

Other times, Autistic children may engage in behaviors when they feel overwhelmed. Calming skills and quiet areas can help them calm down. Try:

- Headphones for noise sensitivity
- Sensory bottles
- Feelings board
- Coping skills visual chart
- Creating a "calm down spot" at home

Knowing when to respond to your child's RRB's can be challenging. It can be helpful to consider the following factors when a stim or RRB is happening:

Consider:

1. Is it interfering with the child's ability to learn or engage?
2. What could be the reason for the RRB?
3. Does my child know what else to do?

IF the pattern of behavior is interfering with the child's ability to learn, engage, or cope then consider talking to your BCBA supervisor about:

1. Replacement options for the behavior
2. Redirection to other behaviors that are incompatible with the RRB

Remember, children on the spectrum may be stimming because they're feeling bored, unengaged, or even overwhelmed. Interrupting the stim, or RRB, may result in a worse behavior. Collaborating with your clinical team on your child's behaviors can help minimize these risks.



Different Types of Stimming

Visual: Peering at an object from the side of your eyes

Auditory: Repeating a line from a show or "Scripting"

Tactile: Rubbing body on the carpet

Taste/Oral: Mouthing or chewing inedible objects

Smell: Smelling others or objects

Vestibular: Spinning in circles

Resources

Free Apps to use for a visual schedule on the-go:

- The Kids ToDo List-Easily create your task list by simply arranging the picture cards. All picture cards support voice sounds. In addition, you can create your original picture cards with your own picture and voice recording.
- My Visual Schedule Lite- Users can customize schedules by selecting photos or symbols and adding auditory output to each schedule step.
- DayCape - Displays images of events along with what time each event will occur. Parents or teachers can use their own device to add events that will show up on the child's device.

Agency News

GRAND OPENING of our new center located on

**770 Saybrook Road Unit B4
Middletown, CT 06457**

We are excited to announce we are now accepting clients for both in-home and clinic-based services!

Clinic-based services will include:

- Occupational Therapy
- Speech and Language Pathology
- ABA therapy
- Social play groups
- Individual and group counseling
- Autism Evaluations
- Parent Support Group